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News worth sharing.

Teen who killed dad sentenced

He suffered from post-traumatic stress disorder, according to a psychiatrist

Despite his remorse and confession, a now 19-year-old Winnipeg resident who killed his abusive father in 2009, cut up his body, put it in garbage bags and then disposed of it in a rural area, has received close to the maximum sentence allowed by law.

"The nature of the offence calls for a severe penalty," Associate Chief Judge Janice LeMaistre said yesterday as she sentenced him to 64 months in secure custody and another four years of conditional supervision.

LeMaistre deducted only eight months for part of the time he has spent in custody since he turned himself in about a month after the June 2009 slaying, then pleaded guilty to first-degree murder. The maximum under the Youth Criminal Justice Act is six years in custody.

Defence lawyer Saul Simmonds had asked for two years.

The husky young man with close-cropped dark hair sat quietly in a corner of the courtroom as the judge read her sentence.

LeMaistre noted that, since the slaying, the young man's mother and her other two children are no longer being terrorized by the man who was killed.

LeMaistre also read a report by Dr. Keith Hildahl, a psychiatrist at the Manitoba Adolescent Treatment Centre. He suggested the teen needed only another 18 to 24 months of custody and treatment and rated him as a low risk to reoffend.

THE CANADIAN PRESS

Search. Continues

▶ Members of the Winnipeg police Underwater Search and Recovery Team continue to search the murky Red River near the north perimeter for human remains yesterday after locating some on Sunday.

JAMES TURNER/METRO

Awaiting DNA tests to confirm remains

While police are awaiting results of DNA tests to confirm whether the remains are those of Nathaniel Thorassie, 6, Sgt. Rob Riffel said it's possible. Thorassie was playing on the ice with his 10-year-old brother when he fell into the dark, icy water on Dec. 4.

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1 news

Fathers may have more than their share of grey hair, but a new study suggests they may also have fewer heart problems. Scan code for the story.

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Africans mourn Wangari Maathai, the continent's first female Nobel peace laureate. Video at metronews.ca/world

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BOLD idea: Raise taxes to fix roads

While the city and the province are already investing millions into new infrastructure, the latest announcement from Manitoba BOLD says it's not enough.

The Manitoba BOLD campaign made its fifth and final platform announcement yesterday, dealing with the challenges facing the transportation and infrastructure deficits in Manitoba.

Winnipeg Chamber of Commerce president Dave Angus said Manitoba already has a stable transportation sector, but the time has come to enhance it.

"We must ensure that the infrastructure needs to support this sector are also addressed," he said.

One of the ways they propose to fix the province's crumbling infrastructure is to add a 2.5 cent per litre gas tax to go toward targeted infrastructure — including rapid transit, roadway and bridge infrastructure that provide a significant environmental benefit.

Angus said they've proposed the gas tax increase to offset the tax decreases they've proposed over the past few weeks.

"We have the lowest energy costs in North America, but the highest taxes," said Angus, adding from a sustainability standpoint, it makes more sense to fund infrastructure through "the ultimate user-pay" system of a gas tax rather than business or income taxes.

ELISHA DACEY

JAMES TURNER/METRO

▶ Should the administration get its way, autobins like this one — long-criticized as a source of illegal dumping and a favourite target of firebugs — will no longer be used.

It will take some cash for trash to waste away

▶ New garbage plan will see half of all city waste diverted from landfill — if taxpayers pick up the tab ▶ Plan goes before committee on Oct. 3

ELISHA DACEY
@METRONEWS.CA

City administrators hope illegal garbage dumping will be a thing of the past if the city adopts proposed changes to the way it collects trash.

Staff have unveiled their new master waste plan, which includes unifying charges and tossing blue bins into a bigger recycling box.

"If all the components of the proposed plan are implemented as a complete system, we can keep more than 50 per cent of our garbage out of the landfill by 2020," said Darryl Drohomerski, manager of the city's Solid Waste Services. "This is a major improvement over the current diversion rate of 17 per cent and aligns Winnipeg with other major Canadian cities."

The new plan, however, comes with a price tag — an extra $50 dollars over the course of a year added to your water bill.

Naya Marcoux said while she doesn't relish the thought of paying, it's better than the alternative.

"I can't tell you how many times some jerk has set fire to our (AutoBin) since we moved here," said the north-end resident. "I'd rather pay $50 than have my garage and fence burn down because someone set a mattress on fire, a mattress that shouldn't even be there."

Garbage plan

Three things you should know about the plan:

1 All homes will get a 240-litre automated garbage cart and recycling cart.

2 Trial curbside kitchen organic waste collection program.

3 A collection program for extra garbage bags at $5 for three bags.

News in brief

MTS workers set to strike

LABOUR. MTS Allstream workers are ready to strike on Oct. 5 if talks don't come to fruition over the next few days.

Technicians and tradespeople are set to hit the picket line, said a representative with the International Brotherhood of Electrical Workers Local 435.

Issues include wages, pension and overtime concessions.

METRO

Evacuees will get to vote

ELECTION. Interlake residents who can't return home due to flooding can vote.

Special advance polls have been set up for evacuees in Winnipeg and Gimli hotels, said Elections Manitoba. Evacuees have all been sent information about the special advance polls.

Evacuees can also go to any advance polling location or vote on election day on Oct. 4.

Voters should bring a government-issued photo ID or two other documents with their name on it to vote.

METRO

Teen arrested for robbery

LAW AND ORDER. Winnipeg police arrested a 16-year-old boy after he allegedly robbed and injured a 21-year-old man downtown Saturday night.

The teen tried to flee the area of Donald Street and York Avenue by bus, but the bus was eventually stopped by police.

METRO

Harvest eyes $1 million

CHARITY. An anonymous donor has promised to match, dollar for dollar, any monetary donation to Winnipeg Harvest that comes in before the end of November.

The donor has pledged up to $500,000, meaning Winnipeg Harvest could be $1 million richer.

METRO

JAMES TURNER/METRO

▶ Greg Selinger, left, and Hugh McFadyen are either neck-and-neck or far apart, depending on who you ask.

Who's ahead? Depends on poll

Tories have slight lead in one, NDP ahead in another

A new opinion poll on the Manitoba election shows a very even split among respondents.

Forty-five per cent of decided respondents backed the Progressive Conservatives while 42 per cent supported the New Democrats.

Only 10 per cent supported the Liberals.

The online poll was conducted by Environics Research Group and provided exclusively to The Canadian Press.

When asked who would make the best premier, 33 per cent of respondents sided with the NDP's Greg Selinger, while 29 per cent backed the Tories' Hugh McFadyen.

Speaking of polls

- Advanced voting polls are showing higher numbers than usual, according to Elections Manitoba.
- Voting happening at malls was the most popular.
- Advance polls open from 8 a.m. to 8 p.m. until Saturday.

Unlike a traditional telephone poll, in which respondents are randomly selected, the Environics survey was conducted online over the last six days among 1,000 respondents.

The respondents were chosen from a larger pool of people who were recruited and compensated for participating.

The non-random nature of online polling makes it impossible to determine the statistical accuracy of how the poll reflects the opinions of the general population.

Meanwhile, a poll provided to radio station CJOB in Winnipeg showed support for the NDP was higher, with a 41 per cent lead for the NDP and 32 per cent backing the Tories. The Liberals come in with five per cent support, and the Greens at two per cent.

THE CANADIAN PRESS WITH FILES FROM ELISHA DACEY/METRO

Wife wanted pro-wrestler husband dead: Prosecutors

Jurors have begun hearing evidence in a high-profile alleged murder-for-hire case involving a former pro wrestler.

Melody Sanford, 47, Rita Cushnie, 57, and Donald Richard, 35, have each pleaded not guilty to first-degree murder and conspiracy to commit murder in connection to the September 2007, death of Ivan 'John' Radocaj at his isolated home in the RM of Armstrong.

The 43-year-old died of blunt force trauma to the head, RCMP allege.

Crown prosecutors Brian Bell and Mark Kantor opened their case by outlining evidence the six-man, six-woman jury will hear over the next few weeks.

Radocaj and Sanford were briefly married in the months prior to his death, but separated. Kantor said a friend of Sanford's will be called to testify about a comment she allegedly made on her wedding day that "she didn't want to marry the deceased," said Kantor. Another friend will be called to testify about allegations Sanford made a comment about "hiring a hitman," he added.

Phone records of calls made on the date Radocaj is believed to have died and diagrams of the layout of his home found in a notebook with Sanford's fingerprint in it loom large in the case, Kantor suggested.

Jurors were given booklets of photographs from the autopsy and crime scene to review.

Dr. John Younes, the pathologist who conducted Radocaj's autopsy, testified the 'large man' standing six feet eight inches tall suffered blows to the head with a blunt object, crushing several bones. He also had defensive wounds on his left arm and wrist from trying to shield himself, Younes said. JAMES TURNER

It's not CSI

- Justice Colleen Suche cautioned jurors — many of them appearing to be in their 30s or younger — to disregard preconceptions they have from watching TV crime shows like CSI.
- Prosecutors have complained in the past that fictional accounts of how crimes are solved create unrealistic expectations when they're asked to judge the facts in a case.
- "They simply are not real, they have nothing to do with this process," Suche said.

Grits would change PNP

Liberal candidate Roldan Sevillano said if the Liberals are elected, they will reverse an NDP rule they say prevents families from moving their loved ones to Manitoba. A rule revoked by the NDP that would allow families to set up a trust fund for applicants applying under the program would be reversed. Currently, applicants must prove they have $10,000 in assets before they're allowed to move. METRO

NDP pitch more turf and soccer

NDP Leader Greg Selinger said yesterday if re-elected, the NDP will build nine synthetic grass fields throughout Winnipeg and a new four-field indoor soccer complex in North Winnipeg.

The total cost of the promise will be $12.5 million over four years.

ELISHA DACEY

Tories vow new Osborne House funds

The Tories would invest $5 million into a new space for Osborne House and expand the use of GPS technology to track offenders in a bid to further help and protect victims of domestic violence.

Tory Leader Hugh McFadyen said Osborne House is overcrowded and needs an additional 15,000 sq. ft. of space.

ELISHA DACEY

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Keystone protest comes to Canada

Immigration Minister Jason Kenney calls Parliament Hill protesters 'extremists' on Twitter It's 'in our collective national interest' for Keystone pipeline to proceed, says Natural Resources Minister Joe Oliver

JESSICA SMITH
@METRONEWS.CA
METRO CANADA IN OTTAWA

$65

The protesters who jumped the fence in front of Centre Block were handcuffed with plastic zip ties, booked and given a ticket for $65 for trespassing.

More than 100 protesters climbed over a fence police erected on Parliament Hill yesterday and then sat peacefully, waiting to be arrested.

Greenpeace, the Council of Canadians and Indigenous Environmental Network organized the protest against the development of the tarsands and pipelines that carry Canadian oil to the U.S.

It was modelled after the Keystone XL pipeline protests outside the White House and getting arrested was part of the plan from the beginning, organizers said.

RCMP Sgt. Marc Menard said more than 100 protesters were arrested for obstructing police, but ultimately only given a provincial offence notice for trespassing.

"I'm actually missing the class I teach at the University of Toronto," said Keith Stewart, after he climbed over the fence. "Right now, my students are in class."

Asked why he was willing to be arrested, he said, "I've been writing environmental policy and lobbying politicians for over a decade, and that's not doing anything. And I've got a daughter."

Natural Resources Minister Joe Oliver defended the oilsands and the Keystone pipeline.

He said the pipeline would generate $600 billion in economic activity.

JESSICA SMITH/METRO

▶ Blaine Cameron, who uses a wheelchair, is carried over a security fence on Parliament Hill by his fellow protesters yesterday.

Typhoon Nesat batters Philippines

A powerful typhoon slammed the northern Philippines early Tuesday, local time, unleashing floods, cutting power and halting work in the capital, Manila, where residents waded in waist-deep waters and strong winds toppled trees.

Authorities ordered more than 100,000 people to shelter from rains and wind gusts of up to 170 kilometres per hour. At least one person — a baby — drowned and four fishermen were reported missing.

Typhoon Nesat made landfall before dawn over eastern mountainous Isabela and Aurora provinces which face the Pacific Ocean, packing sustained winds of 140 km/h, the government weather bureau said.

With its immense 650-kilometre cloud band, the typhoon threatened to foul weather across the entire main Luzon Island as it moves across the Philippines toward the South China Sea late Wednesday or early Thursday and then heads toward southern China.

Heavy downpours and winds prompted the closure of government offices, schools and universities in the capital, while scores of domestic flights were cancelled and inter-island ferries grounded, stranding thousands.

A year-old baby drowned in the central island province of Catanduanes after falling into a river, the government disaster agency reported. Four fishermen were missing while more than 50 others were rescued along eastern shores after their boats overturned in choppy seas.

In downtown Manila, residents waded in waist-deep floodwaters as waves washed over the seawall along Manila Bay.

In other parts of Manila, emergency workers prepared to evacuate river areas that are notorious for flooding. THE ASSOCIATED PRESS

Stormy weather

- 112,000 people were ordered to leave their homes in five towns prone to flash floods and landslides in central Albay province.
- Over 50,000 people had moved to evacuation centres and relatives' homes by yesterday, officials said.

Canadians can breathe easy: WHO

A new study from the World Health Organization suggests the air quality in Canadian cities is among the best urban air in the world.

In the WHO's compilation of 91 countries, only cities in Estonia and Mauritius had cleaner air than Canada. Mongolia registered the highest average pollution levels at 279.

THE CANADIAN PRESS

CBC faces federal scrutiny

The Conservatives are hauling the CBC onto the carpet this fall to explain why it is fighting the access-to-information law in the courts, part of increased scrutiny of the public broadcaster's spending and practices by the new majority government.

The move comes at the same time the Conservative party surveys its members on whether CBC funding is good value for the taxpayer.

THE CANADIAN PRESS

Woman uses Facebook to report robbery

An American woman has found a unique use for her Facebook account: reporting a robbery.

Police in Chattanooga, Tenn., said 20-year-old Rolanda Hill answered a knock at her door Sunday night and a man stuck a gun through the open door and forced his way inside.

Hill used her computer to report the crime to her Facebook friends and asked them to call police.

THE ASSOCIATED PRESS

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ENTERTAINMENT

Netflix nails rights to DreamWorks

Netflix unveiled a coming attraction yesterday: the Internet video rights to films and television specials from DreamWorks Animation.

The multi-year deal will give Netflix Inc.'s streaming service the exclusive rights to show the latest content from DreamWorks, the studio behind Shrek, Kung Fu Panda and Madagascar. But the rights don't kick in until 2013.

Complaints could escalate when Netflix loses the streaming rights to Walt Disney Co. movies and other films through a licensing deal it had with Starz Entertainment.

Still, the deal represents a badly needed coup for Netflix, which has been reeling from customer backlash due to sharp price increases and a change to its DVD-by-mail service.

THE ASSOCIATED PRESS

Self-serve shopping lanes checking out

- Trend may not die as some retailers find self-serve lanes a success
- Smartphone barcode scanning to change grocery shopping: Analysts

JESSICA HILL/THE ASSOCIATED PRESS

▶ A customer uses a self-serve checkout station at a Big Y grocery store in Manchester, Conn.

When Keith Wearne goes grocery shopping, checking out with a cashier is worth the extra moments, rather than risking that a self-serve machine might go awry and delay him more.

Most shoppers side with Wearne, studies show. With that in mind, some U.S. grocery-store chains are bagging the do-it-yourself option, once considered the wave of the future, for customer service.

"It's just more interactive," Wearne said. "You get someone who says hello; you get a person to talk to if there's a problem."

Big Y Foods, which has 61 locations in Connecticut and Massachusetts, recently became one of the latest to announce it was phasing out the self-serve lanes. Some other regional chains and major players, including some Albertsons, have also reduced unstaffed lanes, adding more clerks.

Market studies cited by the Arlington, Va.-based Food Marketing Institute found only 16 per cent of supermarket transactions in 2010 were done at self-checkout lanes. That's down from a high of 22 per cent three years ago.

THE ASSOCIATED PRESS

Chain reaction

- Supermarket chains started introducing self-serve chains about 10 years ago.
- Self-serve lanes were touted as an easy way for shoppers to scan their own items' bar codes, bag their bounty and head on their way.
- Retailers anticipated labour savings, potentially reducing the number of cashier shifts as they encouraged shoppers to do it themselves.
- Some shoppers loved them and others were uninterested or outraged.
- A Big Y internal study found delays in its self-serve lines caused by customer confusion over coupons and payments.
- Other problems include intentional or accidental theft, including misidentification of produce and baked goods for less-expensive items.

Lower gas prices a letdown for drivers

Gasoline prices are expected to inch a bit lower the rest of the year, but not as much as motorists would hope, an energy consultant said yesterday, blaming the weaker loonie.

"The loonie has been a great buffer for the consumer as oil prices increased," said Roger McKnight, with En-Pro International. "The opposite is happening right now."

World oil prices are set in U.S. dollars so a rising loonie against the greenback offsets part of the impact of higher crude prices. But, the latest slide in the loonie means a raw deal for consumers who buy gasoline with weaker Canadian dollars.

The Canadian average for regular unleaded gasoline yesterday was about $1.22 per litre, according to the price-tracking website Gasbuddy.com. That compared with about $1.25 a litre a month ago and $1.01 a litre a year ago.

McKnight sees gasoline prices falling by about five cents over the next few months as world oil prices continue under downward pressure.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
▲	▲	▲	$3.782 (+ 8.1¢)	$1,594.80 (- $45.00)
+ 244.32 (11,707.19)	+ 0.11¢ (97.25¢ US)	+ 0.39¢ US ($79.85 US)		

Apple fights Samsung on patents dispute

Samsung asked a Dutch court yesterday to slap an injunction on Apple to prevent it from selling iPhones and iPad tablets in the Netherlands, saying Apple does not have licences to use 3G mobile technology in the devices.

Samsung Electronics Co. lawyer Bas Berghuis told a civil judge that Apple "never bothered to ask about licences" before it started selling 3G-enabled iPhones that use the Universal Mobile Telecommunications Standard (UMTS).

Apple lawyer Rutger Kleemans hit back by claiming Samsung was using the patent dispute to "hold Apple hostage" because Apple had accused Samsung of copying its iPhone and iPad designs.

Apple argues that because UMTS technology has been adopted as the industry standard, Samsung is obliged to offer licences for patents that underpin the standard on "fair, reasonable and nondiscriminatory" terms.

THE CANADIAN PRESS

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Banks advised to supervise

Canadian financial institutions should not be complacent even though they fared better than their international peers during the financial crisis, the superintendent of the agency that oversees Canada's banks warned yesterday.

"Regulatory policy-makers must also recognize that capital rules are only effective if they are accompanied by enhanced supervision," Julie Dickson, who heads the Office of the Superintendent of Financial Institution, told the Economic Club of Canada in Toronto.

Dickson also urged Canadian banks to guard against loosening historical underwriting standards in a race to compete with other lenders as low interest rates entice customers to borrow more. THE CANADIAN PRESS

TRANSIT CAN BE A REAL PICK-ME-UP

SHE SAYS ...

JESSICA NAPIER
METRO

I hate to drive.

Maybe I liked it for a few months back when I was 16 and my learner's permit meant a newfound sense of independence, but these days I just don't see the appeal.

Don't get me wrong. I am not a terrible driver — or at least, I'd like to think I'm not. Sure there has been the odd fender bender and one unfortunate speeding ticket when I was 18 but nothing too traumatic. I understand the rules of the road and am certainly physically capable of driving from A to B. I'm just not very fond of it.

When I am behind the wheel, I am permanently on edge. I get heart palpitations at the first sign of inclement weather, and the combination of speeding cabs, weaving bicyclists and jaywalking pedestrians sends my nerves into overdrive. I hate the overly aggressive road ragers and the lost hours spent staring at break lights in a traffic jam.

I actually prefer taking public transportation, even on its slowest, smelliest and most uncomfortable days. Not because I can't afford to drive, or because I am an environmental crusader, but because, for me, it's just so much easier.

"Sitting on a bus or train gives me time to myself; time to sleep, to read and to stare inappropriately at attractive strangers. Public transit is empowering — bus drivers don't care when I'm intoxicated and they let me check my phone for text messages whenever I want."

Sitting on a bus or train gives me time to myself; time to sleep, to read and to stare inappropriately at attractive strangers. Public transit is empowering — bus drivers don't care when I'm intoxicated and they let me check my phone for text messages whenever I want.

As a non-driver, I am exempt from all of the monetary costs associated with car ownership. I don't have to worry about repairs or parking and I admittedly have no concept of how much car insurance costs (but I hear it's horrendous). And while the occasional fare increase will irk me for a month or two, it is nothing compared to the daily emotional roller coaster that results from the fluctuation of crude oil prices.

I know mass transit isn't always the fastest or most convenient way to travel, and I'm not immune to the eye-rolling frustrations of yet another late bus or stalled train. But most of the time I can breathe deeply and get over it because I want to believe that the benefits of communal commuting outweigh the negatives.

Riding transit might make me more dependent at times, but it is also blissfully liberating in so many ways. For us anti-automobile folk, freedom is a monthly pass and a good book.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

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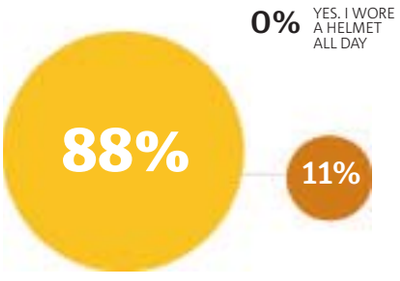
Did you follow the falling satellite?



Local tweets

- **@Pirate_:** Broken beer bottle in a pool of fresh blood on the sidewalk in the exchange. You stay classy #Winnipeg
- **@Wizardofwords:** Gorgeous morning here in #Manitoba. Looks like it's going 2B another tremendous week. 3 solid months of amazing weather. Rock on, #Winnipeg.
- **@brysenJay:** City and Colour is coming to winnipeg, eff yessss, gonna flash dallas green by taking my shirt off. Thats what people like to see right?
- **@Sean_Leahy:** Before NHL Network US broadcasts Jets 2.0 v. Habs on Oct 9, they will show the last gm in Winnipeg v. Detroit from 4/28/96 at 3pm ET.
- **@ashlee_griffin:** Wanted: A winnipeg transit bus that doesn't smell like body odor, piss and smelly feet.
- **@josephcsnyder:** home from winnipeg. back in the office. daydreaming of my bed. is it friday yet?
- **@PlasticAfro:** Aww! This squirrel was singing as I played my ukulele for him! Or he was yelling at me to stop. I can't tell. It's a squirrel.

Letters

Given the name and theme of the new Winnipeg Jets, I feel that we should call on the RCAF to provide a fly-by of CF-18s for the Jets' home opener on Oct. 9. What better way to psych up an already-frothing city than to see and hear those jets flying overhead as our team takes flight on the ice?

PAUL MCCULLOCH
WINNIPEG

RE: Listen, you don't want to upset this teacher, published Sept. 22

Mazerolle's article was so badly executed it ended up being not only offensive but contradictory.

I took offence to the implication that teachers must inspire fear, especially fear of bodily harm, to be respected, and that "the nice ones who wanted to help" lacked strength and would "(crumble) like [...] Wagon Wheels."

Secondly, in the line about what teachers "do best: pushing you up a grade regardless of merit" the writer has again cast teachers as the hapless pawns of a production-line school system.

AMANDA CAMERON
VANCOUVER

Blind. Photog

▶ Juan Antonio Hernandez tries to touch a flower in order to feel its temperature and thus determine the sunlight's angle as he prepares to photograph the flower at a park in Mexico City earlier this month.

MARCO UGARTE/THE ASSOCIATED PRESS

Photo of the day

Hernandez is one of 30 visually impaired or blind people learning photography with the help of the Mexico City foundation Ojos Que Sienten, or Eyes That Feel.

WEIRD NEWS

Finally! A fish tank that fits in your pocket!

METRO WORLD NEWS

▶ An itty-bitty fish tank

Introducing the world's smallest aquarium. Made of fibreglass and measuring just 3 centimetres wide by 2.4 cm high and 1.4 cm deep, it can rest on the palm of your hand. With two teaspoons of water inside, this tank boasts living algae and even contains miniscule baby danio-rerio fish.

Hailing from Omsk, Russia, nimble-fingered miniaturist Anatoly Konenko and his son Stanislav made this in three weeks. The 57-year-old was the first in Siberia to create what he calls "microminiature" art. He claims to have invented the technology of writing on very small grains of rice.

In 1996, Konenko was recognized by Guinness for the world's smallest book — at 0.9 millimetres by 0.9 mm.

METRO WORLD NEWS

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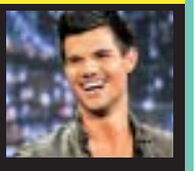
2 scene

Scene in brief



Taylor Lautner received a noisy welcome at the European premiere of his latest film Abduction. He meet fans at the British Film Institute's IMAX screen in London last night. A Facebook campaign ensured he'd promote the movie in the U.K., with more than 79,000 supporters "liking" the page on the site.
THE ASSOCIATED PRESS

E-Street Band guitarist Van Zandt says Springsteen plans to decide future after Clemons death.

HANDOUT

▶ Daniel Craig and Rachel Weisz are a happily married New York City couple seeking a simpler life in New England in Dream House.

Director up in the clouds

Jim Sheridan tries to capture the intangible in his work ◗ New film Dream House is a psychological thriller that's a departure from his typical character drama fare

RICHARD CROUSE
SCENE@METRONEWS.CA

Shortly into my conversation with Irish filmmaker Jim Sheridan I begin to understand what his daughter Kristen meant when she said her father "exists up in the clouds. In order to communicate with him, you have to go up into the clouds yourself."

When I mention the quote to the Dream House director he laughs and tries to explain.

"I think that's probably true in relation to the way I approach actors and story. I know directors like Tim Burton or David Fincher, they're very structured visually. Then there's the approach that says, 'It's emotional over here.'

But emotions are invisible and it's hard to catch the invisible. Trying to catch the invisible is very interesting because it's just something that happens in front of you rather than something that has happened, as Hitchcock said, and then I'm only shooting it."

A scheduled 10 minute interview stretches into 35 minutes as the three time Oscar nominee chats amiably about the movies he thinks will eventually become classics — "the poetic ones that don't make as much sense" — on artistic vision — "it's a product of interior emotion" — the meaning of the Kubrick film 2001 — "it's a baptism!" — and, of course, his new movie.

In Dream House real life newlyweds Daniel Craig and Rachel Weisz are Will and Libby, a happily married couple who leave New York City for a simpler life in New England. Of course, this is a thriller, so their hopes for a happy life are dashed when they discover their new home was the site of a grisly murder.

"It's a genre piece," he says.

"It's a psychological thriller with horror overtones and detective story overtones, but essentially, deep down it's a love story. It's in the vein of A Beautiful Mind and Shutter Island. We've made the kind of movie with thriller and horror elements, but women will like it."

Sheridan may exist in the clouds, but he is realistic about the state of the movie business. The kind of character dramas that made him famous are harder to get made these days.

"One day, I don't know what day it was, maybe a Thursday, about a year ago, everybody decided you couldn't make a drama anymore," he says. "I think there was a surfeit of independent movies when there was a surfeit of money," he says. In Ireland we built too many houses, in America we made too many movies."

MJ's kids may take the stand

Case into the death of the late singer is looming

AARON LAMBERT-POOL/GETTY IMAGES

▶ Michael Jackson

Michael Jackson's two oldest children, Prince Michael and Paris, are reportedly eager to take the stand in the manslaughter case of Dr. Conrad Murray, the man accused of causing the pop star's death, according to Radar Online, but their grandmother, Katherine Jackson, is resisting the idea.

"She knows how traumatic it would be for them, but both Prince Michael and Paris have said they want to tell the jury what they saw on the day their father died," a source says, adding that Michael's sister, La Toya Jackson, isn't opposed to the idea.

"La Toya has said it would be good for the children to 'get what is inside them out of them.' She feels it is a way for them to release the hurt. Above all though, she believes her brother was murdered and what Prince Michael and Paris could tell the jury would inevitably help convict the doctor."

METRO

The thong thing to say

KEVORK DJANSEZIAN/GETTY IMAGES

▶ Jennifer Garner

Jennifer Garner's third pregnancy has led to some unfortunate fashion-related moments at home, she admits to Ellen DeGeneres, describing a bathroom run-in with her older daughter, Violet.

"So the other day ... (Violet) is in there with me and all of the sudden she went, 'Oh Mom, we have to have a talk,'" Garner remembers. "She said, 'Mom, your bottom has gotten so big that your panties don't even begin to cover it.'" Unfazed, Garner tried to explain things to her daughter. "I said, 'It's called a thong, you wear it when you're a grown up.' She was like, 'Uh, that is so gross!'"

METRO

Celebrity tweets

@ParisHilton

#India is beautiful, but some parts are very poverty stricken. Broke my heart to see babies sleeping on the streets

@ConanOBrien

You know you're getting older when you throw out your back while buttering scones.

@RedHourBen

This is great I am actually losing followers. Lets get down to 1,000,000!

Wills just can wait to be king

Prince William, who is second in line to the British throne, admits its current occupier shows no signs of stepping aside, according to the Daily Mail.

"We do hint at taking some things off her, but she won't have anything of it," he says of his 85-year-old grandmother, the Queen of England.

"She'll want to hand over knowing she's done everything she possibly could to help, and that she's got no regrets and no unfinished business."

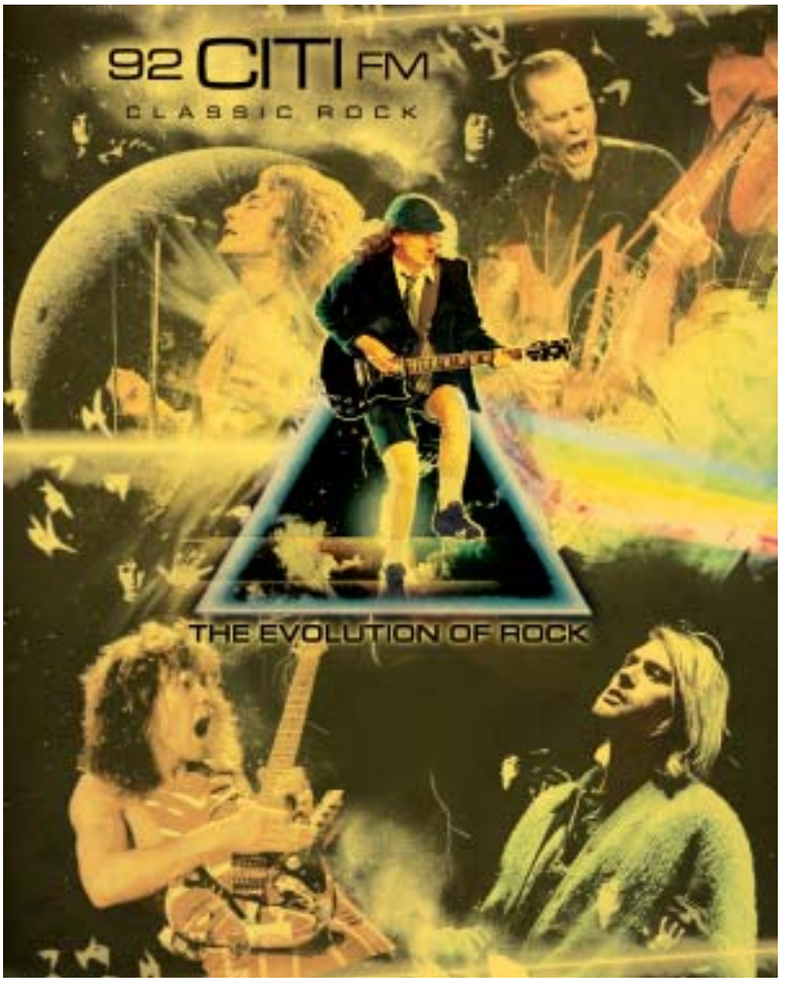
As for his own future on the throne?

"As I'm flying along in my helicopter through the mountains of Wales, I try desperately hard not to think about it," says William, who is a rescue helicopter pilot.

"That can wait until I'm a bit older."

METRO

Prince William



3 life

ISTOCK PHOTO

▶ As the sun dips earlier and we spend less time outdoors, it's time to think about other sources of vitamin D. Fatty fish is our best natural source: think salmon, mackerel, sardines and tuna. And then there's our grandmothers' grimace-inducing favourite: cod liver oil.

Goodnight sun: why vitamin D is critical

New study shows links between serious mental illness in kids and vitamin D deficiency

CELIA MILNE
LIFE@METRONEWS.CA

Vitamin D — the sunshine vitamin — got another thumbs-up recently.

A small study in Oregon found that children with serious mental illnesses are more likely to be deficient in vitamin D than children with good mental health. Researchers at the Oregon Health & Science University, led by Dr. Keith Cheng, tested vitamin D levels in 67 children (ranging from seven to 17) in a psychiatric hospital. The children had illnesses including anxiety disorder, autism, disruptive disorder, mood disorder and psychotic disorder. They compared these to children in the general, healthy population.

Vitamin D deficiency was found in 21 per cent of the inpatients, compared with only 14 per cent in healthy children. This is not enough evidence to say low vitamin D causes mental illness, but the subject is worthy of further study, said the authors.

This is a good reminder to Canadian parents that vitamin D is important, especially in the fall and winter months, when children get less sun. Recognizing this, the government has raised the recommended daily allowance (RDA) for children.

"As we go into October 2011, I am thrilled that the RDA for children has gone up three-fold, compared to October last year," says Dr. Reinhold Vieth, director of the bone and mineral laboratory at Mount Sinai Hospital and a professor at the University of Toronto.

"Official government agencies are advising parents to provide children with 600 I.U. vitamin D as the average daily supply, and I think that is excellent basic advice."

Vieth notes that Vitamin D helps prevent rickets and may lower the risk of influenza or allergy. Some research shows vitamin D boosts mood and reduces risk of depression.

"Modern lifestyles are generally sun-avoiding," he warns. "Of course there is also less vitamin D-forming UVB sunlight available the farther north one goes."

New study shows

1

... drink a day was linked to greater overall health in older women in a study conducted by the Harvard School of Public Health. Women who had one a day at the age of 58 had a 20 per cent chance of "successful" ageing. METRO

Is breastfeeding undermined when hospitals provide free formula?

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The truth about colonics
Despite the cost of about $100 per session, many people swear by colon hydrotherapy as a way to lose weight and be healthier. But as our writer, Lesley Young, found out, there are some myths — and some truths. Here are just a few:

Myth #1: "It prevents constipation." No, it doesn't. It can relieve it temporarily, but only when other routes, such as dietary changes, don't work.

Myth #2: "It helps you lose weight." Any pounds that might be lost are gained back right after the procedure, as soon as you resume eating and drinking.

Myth #3: "It permanently rids us of bad bacteria." There's a balance of good and bad bacteria in our colon, and a colonic removes both kinds temporarily. Then, both repopulate soon afterward.

For four more myths and truths about colonics, go to besthealthmag.ca and type in the search word "colonics."

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A tale of tea and waffles

Tea Story is a modern, bright space to work, read or catch up with friends
Its unique drink menu includes bubble, herbal and blooming flower teas

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

Once upon a time, I walked into a bubble tea place and they were out of bubbles.

Not the best start to my dining experience, but at least they weren't out of waffles.

Tea Story is a spacious, modern café at Confusion Corner offering a variety of bubble teas, herbal teas and beautiful blooming flower teas.

The food menu consists of sweet and savoury waffle sandwiches. The heart-shaped waffle sandwich comes with just about any sort of filling you desire.

Warning: These are best eaten right away as the waffles get soggy. The Go Turkey Go! ($6.99) layers processed turkey, lettuce, tomatoes, cheese and chipotle mayo.

The Fresh Fruit Bubble Tea ($3.99 for medium; $4.99 for large) is a thick, icy slushy that takes time to drink.

Tea Story offers visitors a bright space to work, read or catch up with friends over a unique tea list.

Tea Story
224 Osborne St.
204-477-1102
Hours: Mon-Tues: 11 a.m. - 11 p.m.; Wed-Sat: 11 a.m. - midnight; Sun: 12 p.m. - 10 p.m.
Price Range: $2.99 - $8.59
Reservations: No
Licensed: No
Rating: 3 out of 5

PAY CHEN

▶ Go Turkey Go! Waffle Sandwich

Almond Chocolate Chews

THE CANADIAN PRESS H/O

Ingredients:

- 500 ml (2 cups) butterscotch chips
- 500 ml (2 cups) chocolate chips
- 250 ml (1 cup) raisins
- 250 ml (1 cup) cranberries
- 375 ml (1 ½ cups) salted pretzels, broken in half
- 500 ml (2 cups) whole almonds, dry roasted (or substitute whole almonds, salted)

Preparation:

1. In a large double boiler or large bowl over gently simmering water, melt butterscotch and chocolate chips for about 10 minutes.
2. Once melted, turn off heat. Add raisins, cranberries, pretzels and almonds. Gently stir, making sure no water gets into the bowl.
3. Drop teaspoonfuls onto wax paper-lined cookie sheet.
4. Refrigerate until set, about 30 minutes. Makes 3 dozen.

RECIPE COURTESY OF TRISH MAGWOOD FOR CALIFORNIA ALMONDS, ALMONDBOARD.COM

Crème de la crème

This twist on crème brulée — with tarragon cream and fresh berries — makes a show-stopping dessert

Preparation:

1. Preheat oven to 160 C (325 F). In a saucepan, combine cream, buttermilk, 50 ml (¼ cup) of the sugar and lemon zest; heat over medium heat until steaming. In a heatproof bowl, whisk together 50 ml (¼ cup) of the sugar, eggs and egg yolks until pale. Gradually whisk in heated cream mixture in a slow steady stream; whisk in vanilla.
2. Strain through a fine-mesh sieve into a liquid measuring cup with a pouring spout. Pour evenly into six 175-ml (¾-cup) or eight 125-ml (½-cup) ramekins or creme brulee dishes.
3. Set ramekins in a roasting pan and place pan in oven. Pour in enough boiling water to come three-quarters up sides of ramekins. Bake for 35 to 40 minutes until tops are firm and centre is slightly jiggly. Let cool on rack. Cover loosely and refrigerate for about 2 hours, until chilled, or up to 2 days.
4. Tarragon Cream: In a chilled bowl, using an electric mixer, whip until cream is thick. Beat in honey, tarragon and orange zest until soft peaks form; set aside.
5. Topping: Preheat broiler, if using. Blot top of custards dry with paper towel. Sprinkle evenly with a thin layer of the remaining sugar, adding more if required. Broil on a baking sheet, rotating ramekins as necessary, or use a torch until sugar is bubbling and caramelized. Let cool for 3 minutes. Place blackberries or raspberries evenly on top and dollop with Tarragon Cream. Garnish each with a tarragon sprig and black pepper, if desired. **THE CANADIAN PRESS**

Ingredients:

Crème Brulée
- 375 ml (1 ½ cups) whipping cream
- 125 ml (½ cup) buttermilk
- 125 ml (½ cup) granulated sugar, divided
- 5 ml (1 tsp) grated lemon zest
- 2 eggs
- 2 egg yolks
- 10 ml (2 tsp) vanilla

Tarragon Cream
- 125 ml (½ cup) 35% whipping cream
- 22 ml (1 ½ tbsp) liquid honey
- 15 ml (1 tbsp) chopped fresh tarragon
- 7 ml (1 ½ tsp) grated orange zest

Topping
- 75 ml (⅓ cup) granulated sugar
- 375 ml (1 ½ cups) fresh blackberries or raspberries
- Fresh tarragon sprigs (optional)
- Fresh cracked black pepper (optional)

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THE RIGHT TIME FOR CHIVALRY

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

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Dear Mr. Butler,
I would value your opinion on a point of etiquette/respect. I'm in my mid-30s, but it has usually been my practice to rise when women enter or leave the room, or arrive at or leave the table during meals. The only real exception to this has been for very close friends and family who would be embarrassed by the gesture. How should I respond when a woman insists that this gesture of respect for their sex is unnecessary, that I remain seated? Also, should one dispense with the practice when the woman is constantly moving to and from the table or the room, while serving dinner or otherwise going about her hostess duties? Aron

ISTOCK

▶ Don't forget: Etiquette is all about making others feel comfortable in social situations.

Dear Aron,

The custom of a gentleman standing every time a woman enters the room and/or stands at the table is rarely practised in today's modern world, but does remain common in formal social situations. Remember that etiquette is all about making others feel comfortable in social situations. Therefore if a woman asks you to please stop standing for her, I would respect her request. It also is neither necessary nor appropriate to keep standing for a hostess who has to come and go from the table while she is serving her guests. Bravo for being a gentleman, and one thing I am absolutely sure about is that chivalry is not dead!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

TIPS FOR A WINGMAN

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Dear column people,
My best friend's a tool when it comes to women, and I really don't get it. We're both decent-looking guys with good jobs and lots of confidence. To top it off, he's probably seen every pick-up video out there, but when it comes to talking to women, he can't close the deal. He tells me to hold him accountable when it comes to getting numbers, and when we're on the way to a club he'll keep talking about how psyched he is and how he'll do this or that, but once we get there, he just stands around and getting him to approach a woman is almost impossible. Any suggestions?

Andrea: Dear BFF,

It sounds like you're a pretty good wingman.

Although holding him accountable, monitoring him, and pushing him can be helpful at first, continuously doing so will take away your effectiveness as a motivator.

Think about it: he keeps "failing" despite your pushing, and nothing happens.

Why should he change?

Try a different tactic: before going out, have him take out $50 from his bank account and give it to you to hold on to (increase the amount if he's wealthy).

If he gets a number that night, he gets it back.

He does not get it back (don't spend it) until he gets a number. Call it a "date trust fund."

Paying him will be a positive association with getting girls' numbers and inaction will cost him. Let me know how it goes!

Claire: Dear Wingman,

There is a funny phenomenon that says we often react in contrast to those around us — in other words, your confidence might actually bring out his lack of confidence. I'm not saying that's the cause of his un-Romeo-ness, but maybe it's time for another approach.

Maybe he should try dating online — it will give him more control over the situation.

He can keep things light for as long as he likes, and use online chatting and emails to get to know the woman he eventually chooses to meet.

It will allow him to build his confidence, which seems to be lacking. Good luck!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Beyoncé is not slowing down during pregnancy

Now that Beyoncé is pregnant, there are certain smells that turn her stomach.

"My nose, I smell everything from a mile away," Beyoncé said during an interview with The Associated Press while wearing a long, flowing purple dress, her baby bump showing.

"Usually it is food, it is onions or something that I just can't tolerate."

GETTY IMAGES

▶ Beyoncé

Her new fragrance is not one of them. Last week, Beyoncé was busy promoting Pulse, her third scent.

For the creator of girl-power anthems like Single Ladies (Put a Ring on It) and Run the World (Girls), Pulse represents another extension of that theme.

Does pregnancy make you feel more empowered?
Absolutely. It is the most powerful creation for you to be able to have life growing inside of you. There is no bigger gift, nothing more empowering.

You have the fragrance, the clothing line, a husband, career and a baby on the way.

What is next on your bucket list?
Balance. I am still working on balance and still growing. I am starting my company, my label. I want to create a boy band. I want to continue to produce and do documentaries and music videos. I eventually want to start directing for other artists. Once I know that I have my stuff together and I trust that, I can do it for other artists.

You are pregnant but work nonstop. How do you keep your energy up?
I think it is just passion. When you are excited about something, you don't have to think about your energy. **THE ASSOCIATED PRESS**

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READY TO OWN?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

When I was 21 I bought my first house. I'd worked hard over four years to squirrel away enough money for a small down payment. Before too long, however, I ran right into an extremely common trap: home poverty. Basically, all I could afford was my house! It took eight months for my monthly cash flow to 'level out' and finally feel like I had two nickels to rub together again.

Home poverty happens when after the mortgage, insurance and utilities are paid, there's little money left over for RRSP contributions, home maintenance, car repairs, vacations, etc. A person's cash flow is further jolted with the initial costs of moving expenses, legal fees, closing costs, cleaning supplies and much more.

Avoid feeling house poor by preparing for home ownership well in advance of buying. Figure out what you can afford based on your current income, not what you hope your income will be in the future. Use online mortgage calculators (available through any bank) or talk to a mortgage broker.

If your credit score is in good shape, banks will approve a mortgage amount that translates into monthly housing payments (mortgage, insurance, taxes and heating combined) that are less than 32 per cent of your gross monthly income.

Just because you can qualify for a huge mortgage doesn't mean you should take one! Less debt almost always translates into less stress.

Slow and steady wins

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Jack, the three-year-old Warren Buffett wannabe, is in an investing mood now that he has a few thousand in his RESP.

Actually, truth be told, it's his Nana (me) who is hoping to channel him in this direction. But what should he (his parents) buy for his fledgling education account to ensure any post secondary studies are as debt-free as possible?

Last week I wrote about the issues parents face in terms of savings choices. RESP? TFSA? RRSP?

GIC rates are rock bottom low but still a good bet for education savings.
-ALISON'S MONEY RULE

Because the government tops up RESPs with a 20 per cent grant on the first $2,500 contributed, I suggested his parents focus savings efforts here, at least until they achieve that $2,500 mark to receive the maximum grant.

The other option is to contribute some to RESPs and some to RRSPs, then take the tax refund and plunk it in the RESP.

But how should they invest the money? Banks, where you open RESP accounts, want to sell mutual funds, most of which charge high fees.

Also, as we've seen with the latest incarnation of market volatility, equity (stock) mutual funds are offering little joy and much risk these days.

Let's say Jack persuades Mom and Dad to invest with the tortoise rather than the hare — i.e. GICs rather than the stock market. After 15 years, assuming they achieve a four per cent average annual compounded rate of return over time — that's the GIC return plus reinvested income — he will have nearly $62,000 for his post-secondary education.

Boring, yes. Safe? Oh yes.

The government gives you a 20 per cent return annually on any money contributed up to $2,500. This means you don't need to take any risks at all.

One complication is that most banks have a minimum GIC amount, usually $5,000. But Jack can wait until he has that in his RESP before he directs his parents to buy a GIC and then roll it over annually with the additional contributions added in.

Another issue is rock bottom rates. Go for third party GICs offered by other financial institutions at your bank. Rates are higher, though the minimum investment might be also.

Here's an example: CIBC's one-year GIC pays 0.9 per cent annually but the bank offers three GICs from other institutions paying just over 1.7 per cent.

ISTOCK

▶ Learn to raise the next Warren Buffett.

CONTACT ALISON AT GRIFFITHS.ALISON@YAHOO.COM. YOU CAN PRE-ORDER HER NEW BOOK, COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY AT ALISONGRIFFITHS.CA.

Out for a nice quiet meal? Think again.

Screaming babies, diners laughing at the top of their lungs — many of you are fed up with noisy restaurants

There's a rising din as more and more restaurant goers complain about the noise they must endure when dining out.

About two years ago, Toronto restaurant critic Gina Mallet was receiving emails and calls from her readers complaining about the cacophony in eateries.

For a time she mentioned noise levels in her weekly column but lately has dropped the service.

"I think the problem with a restaurant reviewer going on and on about it becomes troublesome because half the people who go to these restaurants don't care about the noise," Mallet says.

However, Moses Znaimer cares very much about the noise. The Toronto-based internationally known broadcaster and media pioneer has launched a national campaign to put the brakes on restaurants and their noise.

The Anti-Noise Pollution League, sponsored by his radio station The New Classical 96.3.1 FM, has received hundreds of emails and phone calls from listeners across Canada either complaining about the racket in restaurants or recommending those which are more peaceful. **THE CANADIAN PRESS**

ISTOCK

▶ Don't be that loud couple everyone loves to hate.

Dinner din

Audiologists offer some tips to ensure a quieter dining experience:

- Sit in tables in alcoves, which provide a barricade against sound waves.
- Don't sit near large parties who tend to talk louder.
- Ask management to turn the music down, even if you get dirty looks.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section spnsored by: TD

Allan Small
Senior Investment Advisor – DundeeWealth

metro

4 sports

Sports in brief

1 Philadelphia Eagles coach Andy Reid said yesterday that a CT scan showed Michael Vick's injured right hand is bruised, not broken, as originally thought.
THE ASSOCIATED PRESS

2 The New Jersey Devils announced Scott Niedermayer's No. 27 will be retired Dec. 16.
THE CANADIAN PRESS

3 Italian club Virtus Bologna has clarified that its top offer to Los Angeles Laker Kobe Bryant is a one-year, $5 million US deal.
THE ASSOCIATED PRESS

Jets a hit on the Rock

- Winnipeg wins pre-season game at home of their AHL farm team
- Hundreds of kids and adults skip school and work for pre-game practice

PAUL DALY/THE CANADIAN PRESS

▶ Winnipeg Jets forward Jim Slater and Ottawa Senators defenseman Eric Gryba clash in front of Alex Auld and the Senators net during the first period yesterday in St. John's.

Hockey fever hit Newfoundland yesterday as thrilled fans watched the Winnipeg Jets — parent club of the new St. John's farm team — beat the Ottawa Senators 3-1 in a pre-season win.

Mile One Centre shook to capacity with 6,275 roaring, singing and thunderstick wielding fans who haven't had a pro team here since the St. John's Maple Leafs left in 2005.

They'll be cheering this year for the American Hockey League's newest outfit, the St. John's IceCaps.

"It kind of reminded me a little bit of a packed junior game," said Jets rookie Mark Scheifele, 18, a training camp hopeful who leads the team in pre-season scoring with three goals and three assists.

JETS	SENATORS
3	1

"It was fun to play in St. John's."

Scheifele scored the first of two unanswered goals in the second period, batting a puck out of the air past Alex Auld, while Troy Bodie made it 2-0 for the Jets against the badly outshot Senators.

Ben Maxwell added the other goal for Winnipeg.

Ottawa rallied and got on the board in the third period as Mika Zibanejad stuffed one in on Jets netminder Ondrej Pavelec.

The rare NHL spectacle on the Rock was as much a thrill as it was a happy coincidence.

It just so happened that nearby Conception Bay South, N.L., won the chance to host the pre-season game as part of the annual Kraft Hockeyville contest. That hard-won victory nicely dovetailed with the move of the Atlanta Thrashers to Winnipeg, while the AHL's Manitoba Moose became the St. John's IceCaps.

The fans' hunger for more good hockey was obvious.

Newfoundland, an island in the unforgiving North Atlantic, has always been a geographic challenge for competitive sports. But the provincial capital has rallied behind the IceCaps with brisk season ticket sales and the backing of team president Danny Williams, the popular former premier who helped engineer the return of pro hockey.
THE CANADIAN PRESS

Crosby feels closer to contact

Sidney Crosby believes he is getting closer to being cleared for contact.

The Pittsburgh Penguins' star was pleased after going through another trouble-free practice yesterday, a day after taking part in a scrimmage in which hits were banned.

"Obviously, the more good days you have, the nearer you get, and, hopefully, we'll get there shortly," said Crosby, who is recovering from a concussion that occurred more than eight months ago.

Crosby, who hasn't played since Jan. 5, has not yet been officially ruled out for the Penguins' Oct. 6 opener at Vancouver. However, it seems highly unlikely he will be ready by then as he has yet to take part in any contact work.

Crosby sat out the Penguins' three pre-season games last week and isn't expected to participate in any of the three this week, all of which are on the road.

While Crosby skips any training camp scrimmaging that includes contact, he has looked fast and in shape while going through his regular on-ice work. He has been jostled during some drills, but has reported none of the concussion-related symptoms, including headaches, that bothered him for months after he was hurt.

Crosby said he has gone at a 100 per cent exertion level since camp began Sept. 17, if only to get back to playing at a game-like speed. THE CANADIAN PRESS

Bombers stung by loss of two running backs

The Winnipeg Blue Bombers have suffered a huge blow to their running game, losing both Fred Reid and Carl Volny to season-ending, torn ACL injuries.

Reid and Volny were both hurt Saturday during Winnipeg's 25-24 loss in Toronto, a game in which the Bombers lost a total of seven players to injury, including starting quarterback Buck Pierce and backup Alex Brink.

Reid's loss is particularly tough for the East Division-leading Bombers, as he was second in the CFL in rushing with 759 yards and four touchdowns this season. Last year Reid led the regular season with 1,396 yards and six touchdowns.

"Losing both of our talented running backs is never an easy thing," said general manager Joe Mack in a statement. "We have to move on and look ahead at our other options.

"We wish both Fred and Carl the best in their recoveries."
THE CANADIAN PRESS

SUSPENSIONS

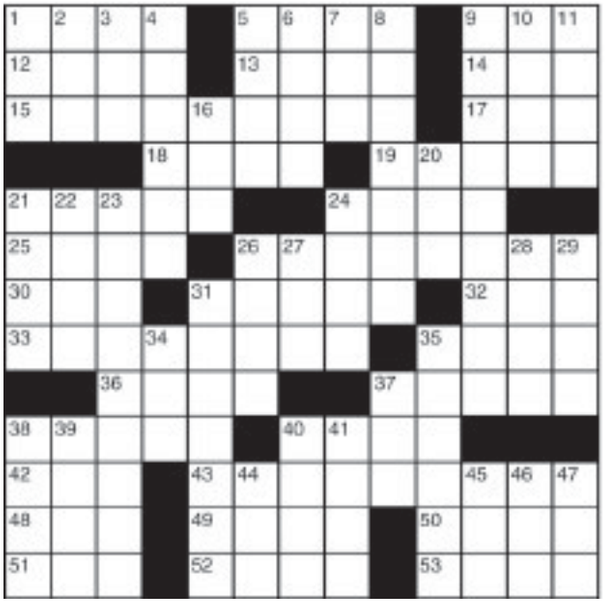
NHL hands down large punishments

New NHL disciplinarian Brendan Shanahan continues to put his stamp on the league after doling out a pair of hefty suspensions.

The NHL announced yesterday that Columbus Blue Jackets defenceman James Wisniewski has been suspended for the remainder of the pre-season and the first eight games of the regular-season for an illegal check to the head of Minnesota Wild forward Cal Clutterbuck in a game on Friday.

The league also suspended Wild forward Brad Staubitz for the rest of the pre-season and the first three regular-season games for an illegal check on Columbus' Cody Bass from behind in the same game, which Minnesota won 4-3 in overtime.
THE CANADIAN PRESS

Crossword



Across

1 Sit and smile
5 Dandies
9 Cauldron
12 Windows alternative
13 Laugh-a-minute
14 Japanese sash
15 Stockholder's collection
17 Disencumber
18 Tatters
19 Stylishly dressed
21 Settle a loan
24 Opulent
25 Love deity
26 They have lots to sell
30 Melody
31 Hackneyed
32 Allow
33 Went back over one's steps
35 Waiter's handout
36 Charged bits
37 Range rover?
38 Eighth Greek letter
40 Shipbuilding wood
42 Rowing need
43 Characterization
48 Hearty quaff
49 Ms. Brockovich
50 Comical Carvey
51 Two, in Tijuana
52 Old portico
53 "Agreed"

Down

1 Little pooch
2 John's Yoko
3 Knightly address
4 Crowd-scene actors
5 Kermit, for one
6 Artworks
7 Luau bowlful
8 Without expression
9 Ship's windows
10 Last writes?
11 Neat
16 Wray of "King Kong"
20 Performance
21 Caboose's place
22 A Great Lake
23 Doorway curtains
24 McNally's partner
26 Mythical birds
27 Before
28 Nevada city
29 Dazzle
31 Appetizers
34 Decay
35 Japanese emperor of yore
37 Prohibit
38 5-Down's cousin
39 Head light?
40 Small combo
41 Sicilian volcano
44 Table scrap
45 Talk on and on
46 "Ugly Betty" actress Ortiz
47 Deposit

▶ Yesterday's answer

Sudoku

1	7		8					
		5		7		3		
			4					1
	2				5		6	
6			7		4			9
	3		6				2	
4					6			
		9		3		8		
					1		9	2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	5	6	8	7	4	2	3	9
9	8	3	2	6	1	4	5	7
7	2	4	5	3	9	8	6	1
6	1	7	9	2	8	5	4	3
3	9	5	4	1	6	7	2	8
2	4	8	3	5	7	9	1	6
4	6	1	7	9	2	3	8	5
8	3	9	6	4	5	1	7	2
5	7	2	1	8	3	6	9	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

You
Come back and stay! Miss you, love you!
FROM THIS FIRE NEVER GOES OUT

Lovely Your Love ZIright Do you not know that your glance is very sharp...Sweetie! ...Uh!... Moreover, your glances could slash the light from all candles and light bulbs in the church on last Saturday...Sweetie! I am just kidding...! Hold your faith in God and keep praying; Surely, God will help the whole world and all of us through this dismal economy. You are right and smart to use a quote: "There is only happiness in life, to love and be loved." Yet, love usually encounters challenges from reality that is not easy to perceive it in order to have happiness. Thank you for your beautiful thoughts to me. Have good day with sealing a kiss.
FROM FROM: MIZZ: JULIET

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 11° Max 27°	Min 9° Max 23°	Min 3° Max 13°

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Stop trying to control each and every situation you find yourself in and let fate take its course.

♉ Taurus April 21-May 21 Try to take things a bit easier on the work front. Slow down.

♊ Gemini May 22-June 21 Be fair in the way you deal with other people and always try to help them get the best from whatever situations you are jointly involved in.

♋ Cancer June 22-July 22 If you can remember that some people are emotional and easily hurt then you won't go far wrong today.

♌ Leo July 23-Aug.23 If you can get away from the daily grind you should do so.

♍ Virgo Aug. 24- Sept. 22 Go with the flow and let events work themselves out in their own way and time.

♎ Libra Sept. 23-Oct. 23 There is a new moon in your sign today, so you won't have any trouble getting what you want.

♏ Scorpio Oct. 24-Nov. 22 Don't be afraid to take advantage of a business or financial opportunity that pops up out of nowhere.

♐ Sagittarius Nov. 23-Dec. 21 You will be amazed how easily and you get things done today.

♑ Capricorn Dec. 22-Jan. 20 The best way to deal with your problems is to pretend they do not exist.

♒ Aquarius Jan. 21-Feb. 18 Today's new moon in Libra makes this the ideal time to clarify your life goals.

♓ Pisces Feb. 19-March 20. What happens today will surprise you, especially if it involves someone you hardly know.

SALLY BROMPTON

Caption contest

ANDY CARPENEAN/ THE ASSOCIATED PRESS

CINDY YAMANAKA/ORANGE COUNTY REGISTER.

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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